

The Homely Cook



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The nutritive, economic and health values of Allinson Wholemeal Flour cannot be too strongly emphasised. In peace it is invaluable, in war it is indispensable.



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A Homely Talk about Wholemeal Cookery.

I WONDER if this is the first time you have made acquaintance with the Allinson Wholemeal! If so you have many delightful experiences yet to follow, for you will find that bread, buns, cakes, pastry and puddings made with this wholemeal are not only more wholesome and nourishing than if made with ordinary flour, but are also very much more appetising.

You have merely to taste the meal in its present dry state to discover that it carries the clean, delicious flavour of the entire wheat kernel, a flavour that appeals directly to one's natural inborn desire to eat only that which is good.

Getting Rid of a False Idea.

Disabuse your mind just at once of the idea that it is more difficult to cook with the Allinson Wholemeal than with ordinary white flour. You have only to make a thorough test to assure yourself that this is quite a false notion. When the whole of the wheat is finely ground, as it is in this meal, one experiences none of the difficulties which arise when one is trying to make brown bread or scones or puddings from flours which are sold under the name of "wholemeal," but which are unevenly ground and

indifferently blended, and are not guaranteed to contain the whole of the wheat-berry. Dr. Allinson himself tells us that before he thought of arranging for the production of his own wholemeal, he tried for many years to find a wholemeal flour that would reach the very high standard of purity and nutritiveness that he thought essential to the producing of a really ideal bread, a bread that he could unhesitatingly recommend to his many patients. It was only when he was quite disappointed with the failure of his efforts that he determined to form the Natural Food Company, for the express purpose of manufacturing the one perfect grade of wholemeal, made from a blend of the very choicest wheats that can be bought in the world's corn-markets.

What the Allinson Wholemeal Really is.

The finest wheat, thoroughly cleansed, freed from every trace of foreign seeds of weeds and other impurities, then skilfully stone ground by a patented process and brought down to the state most easily to be handled by the careful home-cook—that is what you have in the Allinson Wholemeal.

I will now give you Dr. Allinson's own formula for bread-making, and I am quite certain that if you follow out the instructions you will find that you can make bread that is perfectly delicious as well as most highly nourishing.

We will make just a small quantity for a start, so that you may not use your bag of wholemeal right away, but may have some left for the cakes, buns and puddings which I mean

to talk about after we have finished with the bread.

Home Bread-Making Made Easy.

The ingredients for our first little batch of bread shall be :

Three and a half pounds wholemeal, $1\frac{3}{4}$ pints water, registered at a temperature of 100 degrees, two teaspoonfuls of salt, $\frac{3}{4}$ oz. of compressed yeast.

Put your flour into a large mixing-bowl and make a little pit in the middle of it, leaving a thick layer of flour at the bottom of the pit. Dissolve the yeast in a little of the water, and pour it into the bay, sprinkling some of the dry flour over the top of the yeast. Dissolve the salt in the remainder of the water, and pour this, also, a little at a time, into the wholemeal, kneading thoroughly, and gradually blending the whole mass into an even dough. Cover the dough with a clean cloth and set the pan on a chair conveniently near to the kitchen fire, and leave it alone for one-and-a-half hours. Then give it two or three minutes' quick kneading and leave it for thirty minutes more. Have your tins slightly warmed and greased, divide up the dough into three or four pieces, arranging that each tin shall be quite half filled with dough. Set the tins on the rack above the range, cover them over, and leave them for twenty-five minutes ; then bake in a steady heat for one hour.

Little Hints for the Cook.

Do not keep fidgetting with the oven door during the time the bread is baking, or you do

not give yourself a chance to shine as a cook, for the cold draught of air which you let into the oven when you open the door may very likely cause your bread to sink just at a critical moment.

The right way is to make sure of your oven *before* you put the bread into it—not after.

If you follow these instructions you need not have any fear that your bread will not be sufficiently cooked ; but if you have any doubt you can test the bread by inserting a bright knitting needle or skewer into the cooked loaf. It will come out perfectly dry and clean if the bread is fully cooked.

Now that we have mastered the baking of plain bread, we will go on to buns, scones, and cakes, all of which can be made from the same grade of wholemeal as we have used for the bread.

Sally Lunns.

First make a “ferment,” the ingredients for which are :— $\frac{1}{4}$ pint water, $\frac{1}{4}$ pint milk, $\frac{1}{2}$ oz. yeast, $\frac{1}{2}$ oz. sugar, 3 oz. wholemeal, one fresh egg.

Warm the milk and water to a temperature of 105 degrees, dissolve the sugar and yeast in the warmed milk, beat the egg and add it, then stir in the meal. Cover with a cloth, stand the ferment in a warm place, and leave it for three-quarters of an hour, by which time it will have risen, and will have begun to drop again.

Now have ready the following ingredients :—14 oz. wholemeal, 2 oz. butter, $2\frac{1}{2}$ oz. sugar, and a pinch of salt.

Make a bay of the meal and melt the butter to oil. Next add the salt and sugar to the ferment and continue stirring until it is dissolved, then add the melted butter, pour all into the

bay, and mix thoroughly until you have a perfectly smooth dough.

Cover the pan with a cloth and leave the dough in a warm place for forty-five minutes, then knead again and leave for half-an-hour longer. Then cut up into portions weighing 8 oz., mould into rounds, place in 1 lb. size cake hoops, make a hole in the centre of each Sally Lunn, keep warm and covered over for twenty-five minutes, then brush over with beaten egg and bake in a steady oven for twenty-five minutes.

Dainty Tea-Buns.

The dough which has been so fully described above will serve admirably for several other kinds of cakes.

Delightful little tea-buns are made by adding $\frac{1}{4}$ lb. of best quality currants, carefully washed, picked and dried, to the above quantity of wholemeal.

Buns look much more dainty when they are made quite tiny; say about the size of the top of a wineglass. The flavour may be varied by adding a tablespoonful of finely shred candied peel with the currants; and again, a generous grating of nutmeg is considered by many people to be a great improvement.

Yorkshire Tea-Cakes.

For currant tea-cakes add 4 oz. currants and 1 oz. shredded candied peel to the dry ingredients; and for seed tea-cakes add a dessert-spoonful of caraway seeds to the dry wholemeal, mixing thoroughly before forming the bay.

Sultana Scones.

DR. ALLINSON'S APPROVED RECIPE FOR SCONES is as follows :—

Ingredients.—12 oz. wholemeal, 2 oz. butter, 2 levelled tablespoonfuls sugar, 2 heaped teaspoonfuls baking-powder, 1 oz. sultanas, 1½ gills milk, a few drops of vanilla essence.

Method.—Sift baking powder through the meal. Rub in the butter. Make hole in the meal, sprinkle sultanas round; place in the milk, essence and sugar, stir well together, then mix into a light dough. Pin out to the thickness of half-an-inch, cut into rounds with a cutter or tumbler, place on greased baking sheet, cut into four pieces with a knife, brush over tops with beaten egg or milk. Bake in good sound heat for fifteen minutes.

Princess Biscuits.

Ingredients.—½ lb. wholemeal, 2½ oz. butter, 2 large fresh eggs, ¼ lb. castor sugar, a pinch of salt, and five drops of essence of lemon or other approved flavouring.

Method.—Mix the salt with the meal, rub in the butter, beat the eggs for five minutes, add to them the sugar and essence and beat again for another five minutes. Then pour the eggs on the meal and mix very quickly to a thick batter.

Have ready a tin with greased paper over it; drop the mixture in little knobs, using a teaspoon for the purpose, and bake in a steady heat for fifteen minutes. Remove the biscuits at once from the paper and pile them on an inverted hair sieve to cool. These biscuits will keep for quite a long time if stored in an airtight tin; they are always improved (after being kept) by warming through in a slow oven, before sending to table.

Raspberry Pudding.

Stew 1 lb. of fresh raspberries with 4 oz. sugar (or a lb. bottle of the preserved fruit answers equally well). Line a pudding basin with slices of Allinson Wholemeal bread from which all crust has been removed. Pour in one third of the fruit, then cover with a layer of bread, pour in more fruit and again cover, then repeat with the fruit and add a final layer of bread. Press down the contents of the basin with a saucer, place a 2 lb. weight on the saucer and let the pudding stand till next day. Turn out, and serve with cream and fine sugar.

Ginger Pudding.

Six oz. of bread-crumbs prepared from Allinson Wholemeal bread, 3 oz. butter, a saltspoonful of ground ginger, the juice of a lemon, and 4 oz. castor sugar. Place all these ingredients in a stewpan and stir until the butter is melted; then turn back into a mixing-bowl. Separate two eggs, the yolks from the whites, and beat the yolks into the bread-crumbs mixture. Add to this 2 oz. preserved ginger, chopped rather small. Beat all well together, and set aside to cool. Whisk the whites of the eggs to a stiff froth and then stir quickly into the pudding. Fill a buttered basin with the mixture, being careful to leave plenty of room for the pudding to swell. Cover with buttered paper, and steam for three hours. Serve with cream or custard sauce.

FINE WHOLEMEAL.

In the recipes which follow you will notice that *finer* wholemeal is used, instead of the somewhat coarser wholemeal, specially pre-

pared for bread. Fine wholemeal is quite as easily obtainable as the other variety. It is sold only in sealed bags and bears Dr. Allinson's signature.

Excellent Short Crust.

Just what is needed for wholesome and delicious pies, tarts, Eccles cakes, Banbury cakes, cheese cakes, and queen's pudding, is made as follows :—

Ingredients.—1 lb. fine wholemeal, 6 oz. butter, a pinch of salt.

Method.—Put the meal in a shallow mixing-bowl, mix the salt with it, and rub in the butter not too thoroughly. Stir quickly and lightly to a stiff paste with cold water, using a knife for the purpose. Sprinkle the pastry-board with fine wholemeal, roll out the pastry to a thickness of one-third of an inch, and cut to the desired shape.

Yorkshire Pudding.

Ingredients.—4 oz. fine wholemeal, 2 eggs, $\frac{1}{2}$ pint milk, pepper and salt to taste.

Method.—Beat the eggs thoroughly, mix them with the milk. Put the meal in a large bowl, and pour the egg and milk very gradually into the centre of the meal, beating all the time and gradually working in the surrounding meal till a perfectly smooth batter is formed of the whole. Season to taste, and pour into a well buttered shallow tin, scatter some little bits of butter over the top of the pudding, and bake in a steady oven for an hour.

Apple Yorkshire.

This is a very dainty and appetising variation of the savoury Yorkshire pudding. Omit the

pepper, and substitute for it two tablespoonfuls of castor sugar. Pare, core and quarter four large cooking apples, arrange them at the bottom of a shallow dish; sprinkle with sugar sufficient to sweeten to taste; pour the batter over the fruit and cook in a fairly brisk oven for an hour. Sprinkle with castor sugar before serving.

Baked Wholemeal Custard.

A very dainty pudding, particularly suitable for invalids is made thus:—Mix two tablespoonfuls of fine wholemeal with three tablespoonfuls of milk taken from a full pint, add to it a tablespoonful of castor sugar, a teaspoonful of grated lemon-rind, a fresh egg well beaten, and a pinch of salt. Bring the remainder of the milk to the boil, and pour it scalding hot over the wholemeal, stirring all the time. Return the milk to the saucepan, and boil gently for eight minutes, constantly stirring. Pour the custard into a greased piedish, set tiny bits of butter all over the top, stand the dish in a baking-tin with boiling water to reach half-way up the sides of the dish, and bake for fifteen minutes in a sharp oven, by which time the custard should be delicately browned.

For full particulars of Allinson Wholemeal Flour see end of this book, or write direct to The Natural Food Co., Ltd., 210, Cambridge Road, E.2

SECTION II.

Cakes and Puddings that are Easy to Make.

Many of you will have noticed that no mention has been made in any of the foregoing recipes of the baking-powder which is now so freely used in almost every household.

Dr. Allinson himself is strongly of opinion that all baking-powders are more or less injurious to health; and no raising agent, except yeast, is used in his own family, or by his advice.

There are many capable cooks, however, who argue that they just simply cannot "get on" without baking-powder, and they invariably name as their chief reason their inability to spare the time to make light tea scones, plain cakes, and little fancy buns by the slow process involved by using only yeast.

Now, whatever may be said in favour of a moderate use of raising powder, I am quite sure that every really accomplished cook will agree that a considerable proportion of the cakes, buns and boiled puddings which find their way to the average table are spoiled in flavour and appearance through having had far too much baking-powder put into them. And there can be no doubt whatever that when such powder is used extravagantly it is decidedly injurious to health.

The following recipes have been carefully prepared, and in every case where baking-powder is mentioned the maximum amount of really good powder necessary to the quick-raising of the cakes, scones, buns and puddings is clearly given. Only high-class baking-powder should be used, as inferior qualities cannot be relied upon to give satisfactory results.

Split-Cakes.

Rub two ounces of butter into twelve ounces of wholemeal, add a teaspoonful of baking-powder, a pinch of salt and a grating of nutmeg. Mix thoroughly, then make into a light dough with about a third of a pint of milk. Roll out to half-inch thickness, square the edges and score off the dough into oblong cakes, about three inches by two inches. Place on a flat sheet and bake for ten minutes in a brisk heat, then remove from the oven, brush over with warm milk well sweetened, return to the oven for another ten minutes. Split open, spread plentifully with butter, and serve hot.

Brown Shortcakes.

Beat four ounces of castor sugar and four ounces of butter to a cream, then add one fresh egg and beat again very thoroughly. Sift into this mixture a teaspoonful of baking-powder and a teaspoonful of caraway seeds, then sprinkle in, a little at a time, eight ounces of wholemeal, and mix to a stiff paste, adding a wee drop of milk if necessary to moisten further. Sprinkle the pasteboard with meal and roll out the cake-mixture to a thickness of one-third inch. Stamp into rounds with a cutter, and bake in a steady oven until brown at the edges.

Little Sweethearts.

Put three heaped tablespoonfuls of wholemeal into a bowl, sift into it a small teaspoonful of baking-powder, a pinch of salt and a teaspoonful of sugar. Then rub lightly into it two ounces of beef dripping or a mixture of lard and butter, one ounce of each. Mix to a paste with

cold water. Roll out thin, and line twelve patty-pans with the paste, and in each patty-pan place a small teaspoonful of raspberry jam. Then make the following mixture: Cream together one ounce of butter and a tablespoonful of castor sugar, add a pinch of salt and a well-beaten egg. By degrees sift in two tablespoonfuls of whole-meal and a saltspoonful of baking-powder, continuing to beat all the time. Place one teaspoonful of this mixture on the top of the jam. Bake for fifteen minutes in a sharp oven, and, when cold, decorate with quartered glacé cherries and wee strips of angelica.

Brown Cut-Squares.

These delightful little cakes are of the same order as the ever popular tea-scone, the recipe here given serving equally well for either form of tea dainty. The ingredients are: 8 oz. whole-meal, 1 oz. fine sugar, 2 oz. butter, a teaspoonful of baking-powder, six tablespoonfuls of milk and two eggs, or, if economy is desired, one egg and an extra two tablespoonfuls of milk may be used.

Rub the butter into the flour, add first the baking-powder, then the sugar, and stir well together. Beat the eggs, add them to the milk and mix all to a light dough. Roll out to a thickness of half-an-inch, and if the ordinary scones are desired, cut them to a round shape with the edge of a wineglass. If making "cut-squares" prick the dough all over with a large fork, cut into squares, place on a greased baking-sheet, and bake in a quick oven until nicely browned.

Brown Butter-Cakes.

These little cakes are deliciously crisp and

dainty, and are invariably pronounced to be nicer than any that can be bought from a confectioner. The ingredients are : Three heaped tablespoonfuls of wholemeal, a small teaspoonful of baking-powder, 2 oz. butter, a fresh egg, a heaped tablespoonful of castor sugar, a teaspoonful of cornflour, and a dozen crystallised cherries.

Beat the butter to a cream, shake into it the wholemeal, and mix thoroughly, sprinkle over it the salt, mix again, then shake in the baking-powder and cornflour. Well beat the egg and add to the meal, and mix quickly to a light dough, adding a very little milk if the egg does not sufficiently moisten. Divide into twelve little cakes, leaving them rough. Put a cherry on the top of each cake, and set them in small patty-pans, lightly greased. Bake for fifteen minutes in a brisk oven.

Wholemeal Ginger-Cake.

The following recipe is very specially recommended for the making of a plain, homely ginger-cake that is sure to be a favourite with children, and is excellent to send away to boys at school.

Take 12 oz. Allinson Wholemeal, $1\frac{1}{2}$ oz. candied peel, two teaspoonfuls ground ginger, half a teaspoonful carbonate of soda, half a teaspoonful salt, 4 oz. butter, a teacupful of treacle, 4 oz. Demerara sugar, a quarter of a pint of milk, and one egg. Mix together the flour, peel, ginger and salt. Put the butter, sugar and treacle into a delicately clean saucepan, and heat over the fire till all are dissolved ; then add to the dry ingredients and mix well. Warm the milk and dissolve the carbonate of soda in it, add to it the egg well beaten, and

mix thoroughly; pour into a shallow tin, previously greased, and bake for one hour.

Jam Sandwich without Eggs.

Ingredients.— $\frac{3}{4}$ lb. wholemeal, 7 oz. sugar, 4 teaspoonfuls baking-powder, 1 oz. melted butter, 8 drops essence lemon, 2 teacupfuls of milk, pinch of salt.

Method.—First sieve meal, baking-powder and salt together until thoroughly mixed. Place milk, sugar and essence in a large basin, beat up until sugar is dissolved, then add melted butter; then gradually beat in meal, divide mixture between two sandwich tins, slope and turn tins to get batter level in them. Bake in quick oven for fifteen to twenty minutes. When cold cut through the sandwich and spread jam on one piece then place other on top.

Rock Cakes.

Ingredients.—6 oz. wholemeal, 1 oz. butter, 1 oz. sugar, 2 oz. currants, essence of lemon, $1\frac{1}{2}$ teaspoonfuls baking-powder, $\frac{1}{4}$ teacupful of milk, pinch of salt.

Method.—Sieve baking-powder, salt and meal together, rub in the butter with the meal, make hole in centre, place sugar and milk into this, and place currants round the meal, mix all thoroughly together into a dough. Fork out pieces on to a greased baking-tin from 12 to 14 pieces, wash over tops with a little egg wash. Bake in a good sound heat for ten to fifteen minutes.

Rice Cakes.

Ingredients.—5 oz. wholemeal, 1 oz. rice flour, 1 oz. butter, $1\frac{1}{2}$ oz. sugar, essence, $1\frac{1}{2}$ teaspoonfuls baking-powder, $\frac{1}{2}$ teacupful of milk, pinch of salt.

Method.—Sieve meal, rice, flour and salt together. Rub butter into the meal, make hole or bay, place milk, sugar and essence into the bay, dissolve sugar into the milk and mix to a clear dough. Shape into about 12 to 14 round pieces, place on to a greased baking-tin, wash with egg and drop some nib sugar over the tops. Bake in good sound oven for about fifteen minutes.

Plum Cake.

Ingredients.— $\frac{1}{4}$ lb. butter or good margarine, 7 oz. sugar, essence to taste, 1 egg, 12 oz. meal, $1\frac{1}{2}$ teaspoonfuls baking-powder, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. sultanas, $\frac{3}{4}$ cup of milk, pinch of salt.

Method.—Sift meal, baking-powder and salt together to thoroughly mix. Cream up butter and sugar, beat in the egg and essence. Place meal over batter, add milk and mix to smooth batter, add fruit, mix, place into papered cake hoop about 6 inches diameter. Bake in sound oven for one hour twenty minutes.

Madeira Cake.

Ingredients.— $\frac{1}{4}$ lb. butter or good margarine, 7 oz. sugar, 1 egg, 10 oz. meal, 2 teaspoonfuls baking-powder, essence or flavouring to taste, $\frac{3}{4}$ teacup of milk, a pinch of salt.

Method.—First prepare a cake tin of about 6 inches in diameter by placing paper hoop round it and cutting out piece of paper to fit the bottom. Next sieve baking-powder, meal and salt together. Then commence creaming butter and sugar, beat in egg and essence, then pour in the milk, add the meal and mix to a nice smooth batter. Place in papered hoop, level it as evenly as possible. Bake for one hour fifteen minutes in sound oven.

A Word to the Housewife.

Each of the foods described in the following pages is worth a trial, either from the standpoint of economy, palatability or value, because of their direct bearing on the Pure Food question which becomes so increasingly magnified by the exigencies of the Great War.

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N.F. Biscuits



There is nothing more attractive to appetite, when a light, sustaining form of nourishment is required, than a nice crisp, not-too-sweet biscuit. The following excellent selection of biscuits provides a very agreeable variety at a strictly economical cost, and we are confident that any housewife who tries them will at once resolve to keep Allinson's Biscuits ready at hand.

Each biscuit is prepared strictly upon T. R. Allinson's own special recipe, and will be found at once attractive, digestible and nourishing.

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A delicious digestible biscuit, plain or sweet, $1\frac{1}{2}$ per lb.

Note.—Every biscuit is stamped with T. R. Allinson's signature.

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Allinson's Pure Health Foods

ALLINSON'S Vegetable Soup.



Compressed Soups are now in more or less regular use in every household : but these are too often more remarkable for their appetising flavour than for their nourishing quality. Allinson's Vegetable Soup combines palatability with nutriment to a delightful degree, and possesses the added merit of *economy*.

They are exceedingly simple to prepare ; no cooking is required. Each 2d. packet makes a pint or a pint-and-a-half of rich nourishing soup by the simple addition of boiling water. These soups contain the compressed goodness of the choicest vegetables, and are devoid of any deleterious colouring or artificial seasoning matter. They are as pure and wholesome as they are delicious in flavour.

In 2d., 6d., and 1/- packets.

The Natural Food Co. Ltd.



The ideal Flour

The importance of pure unadulterated Wholemeal, not only in bread but also in all branches of domestic cookery, cannot be over-estimated.

The use of **ALLINSON GOLD MEDAL WHOLEMEAL FLOUR** assures the full 100% nourishment of the wheat in a perfectly digestible form. It is the **ideal** Flour for making Bread, and every kind of Cakes, Puddings, and Pastry, retaining as it does the crisp deliciousness of fresh wheat.

In sealed bags $3\frac{1}{2}$ lbs., 7 lbs. & 14 lbs., containing useful recipes for baking all kinds of Fancy Cakes, Pastry and Bread. Of all Allinson Bakers and Health Food Stores.

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